



breakfast

Monday - Biscuit and Gravy
Tuesday - Chicken Fried Steak and Gravy
Wednesday - Eggs Benedict
Thursday - Breakfast Burrito or Burrito Bowl
Friday - Biscuit and Gravy



**FRESH GRILLED
LEAN OPTION**



CAFÉ HOURS

CONTINENTAL BREAKFAST

6:30am

BREAKFAST

7:00 am - 10:00 am

LUNCH

11:00 am - 2:00 pm

Express...**SALAD & SANDWICHES**

2:00 pm - 4:30 pm

DINNER

4:30 pm - 7:00 pm

(Grill closes at 6:45 pm)

For catering inquiries, please contact our

Food Service Director

Tyler Mays @ 130-2013

tylermays@chifranciscan.org

Sunday, November 14, 2021

Soup	Chicken Gnocchi Soup	Cup	\$2.89
		Bowl	\$3.79
the Market	Baked Cod with Lemon Dill Sauce Steamed Broccoli, Roast Squash with Peppers.		\$7.99
Grillery	Black Bean & Zucchini Quesadilla Grilled flour tortilla, with cheddar, sweet peppers, black beans, onion, zucchini squash, salsa, and guacamole		\$7.49
Fresh Lean Grill	Grilled Chicken Breast - served with two sides Available every day please let us know what you would like		\$7.99

Monday, November 15, 2021

Soup	Beef and Potato Red Curry	Cup	\$2.89
		Bowl	\$3.79
the Market	Chicken and Rice Soup Chicken Lemon and Capers Sauce Sautéed mushrooms, and wasabi mashed potatoes.		\$7.99
Grillery	Classic Meatball Sandwich House made meatballs with marinara sauce and provolone cheese.		\$7.49
Fresh Lean Grill	Grilled Chicken Breast - served with two sides Brussel sprouts with carrot, cran-almond rice pilaf		\$7.99
Flavor & Fire	Asian Grain Bowl Warm quinoa, baby spinach, roasted mushrooms, roasted sweet potato, cucumber, carrots, red cabbage, sunflower seeds, cilantro, Katsu sauce and sesame dressing.		\$8.49
Field of Greens	Grilled Teriyaki Chicken Salad teriyaki chicken breast, cherry tomatoes halved, red onion, avocado, fresh pineapple diced, cilantro chopped romaine lettuce. Tossed in a teriyaki pineapple dressing.		\$7.79
Sliced	Saint Anthony Club Ham, turkey, bacon, cheddar, lettuce and tomato served on a fresh baked croissant.		\$7.59

Tuesday, November 16, 2021

Soup	Chicken and Shrimp Gumbo	Cup	\$2.89
		Bowl	\$3.79
the Market	Lemon Artichoke White Bean Soup Apricot Ginger Seared Salmon Broccoli and cauliflower in lemon butter, dirty rice, fried okra, beets with dill.		\$8.50
Grillery	Pulled Roast Beef Po Boy Spicy beef shoulder braised and pulled and in its own sauce. French roll, mayonnaise, shredded lettuce, provolone cheese. More napkins please!		\$7.49
Fresh Lean Grill	Grilled Chicken Breast - served with two sides Roasted beets with dill, dirty rice.		\$7.99
Flavor & Fire	Vietnamese Calamari Herb Salad Fresh Mint, basil, dill, parsley, cilantro, onion, celery and toasted cashews with romaine lettuce, crispy fried Calamari and Vietnamese dressing of lime, jalapeno, fish sauce, and sugar		\$8.49
Field of Greens	Spinach Strawberry Salad Fresh baby spinach, slice fresh strawberries, feta cheese, toasted walnuts, sliced chicken with balsamic vinaigrette.		\$7.79
Sliced	Hummus and Veggie Wrap House made hummus, salad greens, chopped onion, sliced cucumbers, shredded carrots, shredded red cabbage, and balsamic vinaigrette		\$7.59

Wednesday, November 17, 2021

Soup	Silky Carrot Soup	Cup	\$2.89
		Bowl	\$3.79
the Market	White Bean Chicken Chili Beef Lasagna Served with two sides. Yellow squash, steamed carrot, wild rice pilaf, savory black beans.		\$7.99
Grillery	Carnita Chicken and Cheese Quesadilla Spiced and braise chicken shredded grilled in a flour tortilla with cheese and salsa.		\$7.49
Fresh Lean Grill	Grilled Chicken Breast - served with two sides Served with two sides.		\$7.99
Flavor & Fire	Steak Fajitas New York Strip Loin sliced marinated and seared together with onion, bell peppers and poblano, cilantro, served with salsa, sour cream and guacamole on flour tortillas.		\$8.49
Field of Greens	Buffalo Cauliflower Salad Fresh romaine lettuce, sliced celery, julienned carrots, red onion sliced, blue cheese crumbled, tossed with blue cheese dressing. Topped with spicy buffalo cauliflower and toasted pumpkin seeds		\$7.79
Sliced	Chicken Caesar Wrap Romaine lettuce, croutons, parmesan cheese, caesar dressing, wrap up in a tortilla		\$7.59

Thursday, November 18, 2021

Soup	Split Pea and Ham Soup	Cup	\$2.89
		Bowl	\$3.79
the Market	Potato Bacon and Cheddar Turkey Pot Pie Citrus buttered broccoli, Orzo with Sundried tomatoes.		\$7.99
Grillery	Hunan Smoked Beef Brisket Sandwich Thin sliced smoked brisket, Hunan BBQ sauce, and Asian slaw.		\$7.49
Fresh Lean Grill	Grilled Atlantic Salmon Sautéed Spinach, Sweet potato fries.		\$8.50
Flavor & Fire	Katsu Chicken Bowl Salad Chicken breaded sliced and topped with Katsu sauce and set on top of mix greens, tomato slice, cucumbers, shredded carrot, shredded red cabbage, with sesame dressing.		\$8.49
Field of Greens	Orange Chicken Salad Fresh romaine lettuce, edamame soy beans, carrots, cucumbers, Mandarin oranges, chopped cilantro, green onion, chicken breast, with an orange rice vinegar dressing		\$7.79
Sliced	Crispy Chicken Ranch Wrap Bacon, breaded chicken pieces, cheddar, lettuce, avocado, tomato, ranch and wrapped in a flour tortilla.		\$7.59

Friday, November 19, 2021

Soup	Clam Chowder (Bacon)	Cup	\$3.29
		Bowl	\$4.29
the Market	Golden Chicken Salisbury Steak with Mushroom Gravy Roasted cauliflower with fresh herbs and egg noodles, steamed broccolini, parsley potatoes		\$7.99
Grillery	Carne Asada Torta Marinated beef loin, avocado mash, refried beans, tomatoes, red onion, cotija cheese, pickled jalapeno, iceberg lettuce, piled on a grilled roll.		\$7.49
Fresh Lean Grill	Grilled Chicken Breast - served with two sides Steamed broccolini, Parsley potatoes.		\$7.99
Flavor & Fire	Vietnamese Chicken Noodle Salad Marinated chicken grilled and sliced over rice noodles with carrot, cucumbers, lettuce, mint, cilantro and nuoc cham sauce.		\$8.49
Field of Greens	Pot Sticker Salad romaine lettuce, sugar snap peas, carrot julienne. Chicken pot stickers, Asian sesame dressing.		\$7.79
Sliced	Avocado Chicken Salad Grilled breast meat, avocado, cilantro, lime, garlic, tossed in a yogurt sauce and stuffed in a croissant with lettuce and tomato.		\$7.59

Saturday, November 20, 2021

Steam'n Tureen	Chorizo, Pinto Bean and Red Pepper Soup	Cup	\$2.89
		Bowl	\$3.79
the Market	Chicken Pot Pie Steamed brown rice, and carrots and summer squash.		\$7.99
Grillery	California Club Roast turkey, bacon, avocado, mayonnaise, lettuce and tomato.		\$7.49
Fresh Lean Grill	Grilled Chicken Breast - served with two sides Steamed brown rice, and carrots and summer squash.		\$7.99